

Experiences Related to Dental Pain

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

I've always been phobic about dental treatment, usually taking three or four days to recover emotionally from a visit to the dentist. After my husband had three fillings without Novocain while listening to *Cloudscapes*, I decided to give *Hemi-Sync* a chance—but I wasn't brave enough to do without the Novocain. I didn't feel the needle going in and remained comfortable and relaxed during the entire treatment. When the Novocain wore off later in the day, some slight soreness of the jaw reminded me "Oh, yes, I went to the dentist this morning."

Report from an MD who operates a pain-control clinic: A local dentist refers patients to me for assistance with dental analgesia. It consists of giving the patient the *Pre-Op* tape from the *Surgical Support Series* to listen to daily for one week prior to the procedure. During the dental procedure, the *Intra-Op* tape is played. I have treated three patients to date using this procedure.

The first had tremendous fear of dental pain and didn't want injectable analgesia. She needed both an inlay and a crown, both considered to be extremely uncomfortable procedures. She experienced no pain and felt totally relaxed and happy during and afterwards.

The second patient had a previous negative experience in the dental chair with an acute hypertensive episode accompanied by agitation requiring paramedic assistance. It was unclear whether the episode stemmed from extreme fear and anxiety or was a reaction to the local anesthetic. Regardless, it was evident an alternative was needed. She was to have some very extensive work. A three-unit bridge and inlay, and a four-unit bridge were all to be accomplished during two separate visits. During both visits, the same treatment was used. The patient had one area in her right anterior mandible which remained a bit sensitive, but she endured on both visits with minimal discomfort and no agitation. She noted that the tape helped her to feel at ease and detached from discomfort.

The third patient was a very environmentally sensitive woman who could not tolerate drugs or anesthesia of any kind and needed several fillings. She, too, did well and had minimal to no discomfort during her procedure.

Report from a dentist. Patient A requested a local anesthetic in conjunction with the treatment. I played the *Pre-Op* tape from the *Surgical Support Series* for him. He commented, "That's pretty good, Doc. I only felt a little pain, not bad, mind you. I'll be back."

At a second visit, the patient again requested local anesthetic. After the procedure he stated, "Didn't feel a thing, Doc. That stuff's really good." At his third visit, he did not mention local anesthetic, and none was used. Four teeth were prepared for crowns. He told me, "Didn't feel a thing, Doc. If I knew about this, I would have been here much sooner. I'll never wait this long again."

For Patient B, several large restorations were completed using the *Pre-Op* tape. The patient reported, "I didn't feel a thing. That's really great." On his next visit, a single tooth was prepared for a crown. He reported, "The pinched nerve in my neck has quit hurting. I feel good all over." (No mention of the dental procedure.) He concluded with, "There's just nothing to be afraid of. We'll be in touch more often."

I needed to have three new cavities filled and ten mercury fillings removed and replaced. The night before the procedure I played the *Pain Management* tape continuously while I slept, and again on awakening. The dentist was curious and supportive of my decision; not to have gas or injection and made it possible for me to play the tape while he worked. It had been well over 15 years since I had allowed a dentist to look in my mouth, due to my fear of pain. There was no discomfort as he removed, redrilled, and cleaned out seven of the old fillings. The last three were deep, large cavities. He worked for 1 1/2 hours to complete all the drilling. We took a break. I rose from the chair with 13 gaping holes in my mouth, my body a little stiff from holding tension, but feeling great.

Thinking the worst was over, I switched to a favorite popular music tape to enjoy while he filled the cavities and was caught totally unaware by unexpected pain. In need of immediate relief, I used the number sequence suggestion from *Pain Management* instead of taking time to switch tapes—and I was fine! What a pleasure to have completed the entire procedure in one visit, nearly free of pain, and feeling fine afterwards!

Report from a dentist. During a five-month period, I played *Sleeping Through the Rain* for 25 patients for procedures that are done with a local anesthetic. I selected this tape for its low bass tones which are excellent for drowning out the sound of dental equipment. The composition is particularly relaxing, and the *Hemi-Sync* frequencies integrated within the music are designed to lead the listener into a deeply relaxed state. It was rarely necessary to use any pharmacologic form of sedation, although occasionally nitrous oxide was used.

Twelve patients reported enjoying the tape because it allowed them to focus their attention elsewhere while their mouths were being worked on. Eight patients experienced deep relaxation, and two of these fell asleep during the procedure.

Five patients reported experiencing no apparent effect. Two of these stated that they thought the tape would be of more help to people who were nervous about coming to the dentist.

A dental practice decided to experiment with playing *Metamusic* on speakers heard throughout the entire treatment area. A new associate, who was not familiar with the experiment, came to the front and asked what kind of music was playing. After about fifteen minutes of listening she felt extremely relaxed. Patient comments range from "I can't believe I fell asleep in the dental chair," to "I feel more relaxed, but I can still hear the drill." Our conclusion is that both relaxation and pain control are benefited by *Hemi-Sync* and continue to use it in our dental office.

A cracked molar had to come out and the oral surgeon was going to have to drill to break it up before extracting the pieces. When I told my dentist how much I was dreading the appointment with the oral surgeon, he gave me his *Hemi-Sync* tapes and encouraged me to try them. I listened to the *Pre-Op* tape from the *Surgical Support Series* at home and then again in the surgeon's waiting room. While in the chair I listened to *Intra-Op* and was aware that my short breaths turned into really deep breathing without effort. I felt calm and confident and comfortable. I went to bed when I got home afterwards, fell asleep listening to *Post-Op*, and went to work feeling fine the next morning.

All of my life I have been a very poor dental patient, and over the last few years have had major dental work done. Yesterday, I was more prepared, having listened several times to the *Pain Management* tape and mentally rehearsed the Quick Fix function. The procedure lasted two and a half hours, but during that time I felt calm and only needed one anesthetic injection. Since the injection wore off I have experienced no pain or discomfort.

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